

WOMAN'S HERALD

Devoted to the Household, the Fashions
and the Activities
of Women.

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DAILY DEPARTMENT OF THE
WASHINGTON HERALD.Correspondence is invited. Address
all communications to the Woman's
Editor of The Washington Herald.

MONDAY, JUNE 7, 1915.

WALK, WALK, WALK!

"Have a hobby that gets you out of doors. Walk to your business, to your dressmaker's, walk for the sake of walking. Join a walking club and keep your score of miles. Keep chickens, make a garden, wheel the baby or play golf, or any other game, but take two hours' outdoor exercise every day."

These words from a recent statement of the United States Public Health Service ought to be memorized by every one of us, that if we are not already addicted to the healthy habit of walking.

American women, especially in these days of electric runabouts, jitneys and rapid transit, are very poor walkers. The harem-bound women of the East, whose walks are confined to the wall-encircled courts and gardens of their own homes are much more averse to this healthy exercise.

When we have any place to go we are in a hurry. We are impatient, nervous, and we do not like to take the time to walk. When we want exercise we are not content with the mild excitement of walking. That is part of our American way of doing things. Our English cousins, whose pulses do not beat so fast as ours, are seldom in too great a hurry to walk, and to them a cross-country tramp possesses the best qualities of outdoor exercise.

Then another reason why we women don't care for walking is because of the dainty footgear now in vogue. And who could walk two hours in those high-heeled, thin-soled pumps? But don't think that you must choose between the pretty shoes and the walks. Keep the pretty shoes, but when you are out for a jaunt wear a suitable walking boot.

But whatever you do, "Walk, walk, walk!"

HOROSCOPE.

Monday, June 7, 1915.

This is an exceedingly fortunate day, according to the interpretation of astrologers, since the Sun, Uranus and Venus are all in benefic aspect.

While Venus, the planet supposed to rule the destinies of women, is in a good place, success in business or social enterprises is supposed to be facilitated. London astrologer prophesies that all the ambitions of the feminists will be realized within two years through many tribulations. In Europe, the war will assume a new status for women, bringing them many new responsibilities.

The extraordinary increase in the birth rate prognosticated for this month will not be so apparent in this country as in Europe, but an unusual number of males will be born in the United States.

The rule today is believed to be helpful to inventors and scientific investigators. Work for social reforms, charities and philanthropies is well aspected.

The need of aid for the unemployed in large cities, particularly those of the sea coast towns of the United States, will become more serious this month than at any previous time in 1915.

Agriculture has an encouraging sign, but serious storms and unusual heat will damage crops in certain sections of the country. Corn will bring unusual profits, it is foretold.

Travel and unexpected changes are prognosticated for the Emperor of Germany.

A foreign astrologer prophesies that Italy will have serious complications, which threaten war, at various times in the summer, but actual participation in the European conflict will not occur until autumn.

The horoscope of Italy shows a clash between church and state in which the Pope will meet serious problems. Persons whose birthdate it is have the augury of a successful year. Those who are employed will prosper. Young women probably will receive offers in marriage. Children born on this day have the omen of good luck through life. These subjects of Gemini often have much charm and personality.

TOMORROW'S MENU.

"I have eaten your bread and salt,
I have drunk your water and wine."
—Kipling.

BREAKFAST.

Boiled Eggs
Cereal and Cream
Colded Eggs
Graham Puffs

LUNCHEON OR SUPPER.

Cold Baked Beans
Lettuce Salad
Brown Bread and Butter Sandwiches
Pineapple Cake

DINNER.

Pea Soup
Cold Lamb, Mint Sauce
Baked Potatoes
Cranberry Sauce
Egg Salad
Strawberry Shortcake

Graham puffs—Two cups of graham flour, sifted with a teaspoonful of salt, add a cupful each of water and milk and a well-beaten egg. Beat until smooth and fill hot muffin pans three-quarters full.

Pineapple cake—Spread the following filling between the layers of any good layer cake and cover the top with the same or with a plain white icing. Cook a cupful of grated pineapple and a quarter of a cupful of sugar for ten minutes, and then add a tablespoonful of lemon juice. Take from the fire and add enough confectioner's sugar to make a firm filling.

Creamed radishes—Select rather large radishes. Remove the skins and boil until tender in slightly salted water. Then dress with a thick cream sauce, season with salt and pepper, and serve.

Dark Loaf Cake.

One-half cup butter, two cups sugar, yolks four eggs, one cup milk, two cups flour, four teaspoons baking powder, whites four eggs, one-half teaspoon vanilla, two squares of chocolate. Cream butter; add gradually one-half the sugar; beat yolks of egg until thick and lemon colored; add gradually remaining sugar. Combine mixture, add alternately milk and flour with baking powder, add white of eggs beaten stiff, chocolate and vanilla.



True to Dame Fashion's dictates, this afternoon frock has combined the mid-Victorian skirt with a bodice in bolero effect. Black and white checked pussy willow taffeta is the material used in the skirt, which is shirred row upon row to form the skirt. A wide band of plain black pussy willow taffeta is inserted near the bottom of the skirt, which in lieu of a hem is cut into scallops and finished with narrow bias gold. Plain black taffeta also forms the bolero and bishop sleeves, while the guimpe and collar are of white organdy.



BOILS—THEIR CAUSES AND RELIEF.

A BOIL is caused by infection of a hair follicle through a slight wound (scratching, "pickling," shaving, etc.) with a germ, technically known as the staphylococcus pyogenes aureus. Boils are particularly common during this season of the year.

The condition is usually first evidenced by the appearance of a firm, painful, circumscribed inflammation. After some days the inflammation occasionally extends to the surrounding tissue, and the bacteria are greater in number and stronger than the blood cells. The process of inflammation continues, and the fight between the germs and leucocytes goes on. The death of germs and blood cells forms pus. As this wholesale death continues, a solid mass of dead cells, or "core," is formed.

About the seventh day the hot ruptures, pus flows out and the "core" of dead tissue is found in the center of a reared opening. After another day or two the core is usually discharged and healing takes place.

Boils are very common in individuals with disorders of menstruation and digestion, Bright's disease, diabetes, gout and tuberculosis.

Before the true cause of boils by the staphylococcus germ was established.

TODAY'S FASHION NOTE.



For larger girls this design is splendid for graduation purposes, while for smaller ones it serves admirably for any dressy occasion. In figured silk voile or lawn, combined with an empire band of black velvet it finds its most effective expression. Size twelve requires 1 1/2 yards 36-inch material.

Pictorial Review Dress No. 626. Sizes 14 to 16 years. Price, 10c.

On Sale at
S. KANN, SONS & CO.

Aunt Chatty's Mothers' Club

Conducted by Mrs. Charity Brush

THE VALUE OF GAMES

THIS is a real Mothers' Club, for the benefit of mothers everywhere who are struggling with questions of discipline, training, education, clothing, for the children. Write to Aunt Chatty of problems which are vexing you, and she will advise and help you to a solution of them. Write to her, too, of your own discoveries, of methods you have found successful in smoothing the rough paths of life for the tender, childish feet, that through the Mothers' Club your experience may be of benefit to other mothers who are still tangled in the web of perplexity you have so happily unraveled.

Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

(Copyright, 1915.)
As a people, we Americans do not know about the value of games to our children. I know those members of the Mothers' Club who are puzzling over the best way to bring up small sons will dispute this assertion of mine because one of them said to me not long ago:

"How can you think that, Aunt Chatty? Isn't the whole country wild about baseball?"
Yes, we call baseball our national game, and it is the ambition of every small boy to become an idol of the public like Jack Columbus or Christy Mathewson; all the little boys, and big ones, too, have their nines, and can give their mothers pointers on right fielders, short stops, and many and various slang terms for simple operations in the game which would be perfectly intelligible to the average mother's mind if couched in plain English.

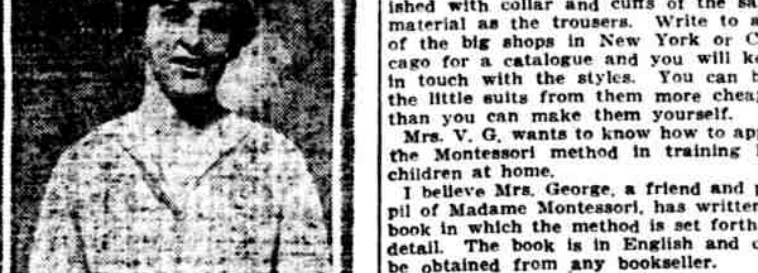
But that isn't what I mean. In spite of his practice club, whereby the American boy hopes to qualify eventually for a star pitcher, we include no competitive games in our child training. The great national game is a professional affair, where most men, every boy who can procure the price and many women fans sit on the bleachers and watch the contest as spectators. I am not saying a word against this kind of ball. I have to confess to a great liking for the game myself, and I can cheer as loudly as my neighbor at a good strike or a home run. But I wish our mothers could teach our boys that kind of a game is not of first importance to the play instinct. It is the competitive game in which the child develops the best physical and mental qualities.

The ancient Greeks were wiser than we in that respect. Their running, wrestling, disk-throwing matches, their singing festivals, and all the other contests in which all the people took part, and for which the laurel wreath and the accolade of the multitude were the only rewards, were the chief factors in the high degree of civilization which they attained. Why can't our American mothers improve our race by encouraging competitive games?

I was led to give this talk to the Mothers' Club today by a letter I received from an anxious mother who was afraid her boy was being spoiled by his triumphs over his companions. She wrote:

"Dear Aunt Chatty: I want you to write and tell me what to do about my little Ned. Please don't wait for the Mothers' Club day, for I want to have a talk with Ned's teacher as soon as I hear from you."

MISS FREDA KIRCHWEY, daughter of Dean Kirchwey, of Columbia College, who was chosen valedictorian of the Barnard graduate class.



At the time of the spring housecleaning one naturally considers re-covering furniture and the purchase of new draperies. Perhaps the velvet-covered davenport is very shabby and you feel that a new velvet covering will cost more than you care to spend. Ask to see the figured denims, which come in two tones of soft, dark colors. These may be found at from 25 cents to 35 cents a yard and will wear for years. Or make your room gay and bright with flowered chintzes, which may be purchased at from 20 cents a yard up. Look at the dress goods counter for dark blue duck or imitation linen or pongee, if you prefer a plain material for the dining-room draperies or the living-room covers.

For re-covering the cushions of your willow chairs, why not use large checked gingham or striped galatea? The large checked linens and striped taffetas, so expensive for many uses, are now so cheap that they are almost irresistible. smart decorators, are no more effective, says the Trenton Daily State Gazette.

These materials may also be used for the window over-draperies and for the table covers, bedspreads and couch covers, finished with narrow cotton fringe which can be found for 10 cents a yard.

A pretty bedspread is always fresh and desirable for every human being, no matter how poor or how unfortunate his condition, who has his liberty.

Yet everywhere we find thousands of unhappy, wining, dissatisfied, miserable people grumbling at everything, complaining that "life is not worth living," that "the game is a cheat," "it is a losing game," etc.

There seems to be a widespread conviction that, on the whole, life is a losing game. It is not true. Life is not a losing game. It is the players who are at fault. The great trouble with most of us is that we are not started right, but we are compelled to keep moving on from these green places into the barren desert again.

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Now that short skirts are the fashion, the well-dressed woman must take even more than the usual care to have her feet and ankles in good condition and her legs well shod.

We can no longer get on the blind side of ourselves and hide our ill-shod feet under our skirts, so unless we give care and attention to our feet we are in danger of our being fine soigner, as the French say, is utterly spoiled.

Grease spots may be removed from clothing with a mixture of four tablespoonfuls of alcohol and one of salt.

The deepest trench of the sea yet discovered is off Mindanao, in the Pacific, 20,000 feet.



The quaintness of this frock is confined entirely to the lines on which it is built and does not in any way apply to the materials used. Pussy willow taffeta, most elaborately flowered in various shades of blue against a background of white, is gathered simply to form the skirt. Around the lower edge and above the skirt, the pussy willow taffeta is gathered into a ruffle, which rises in deep points over a bodice of gathered blue net. The sleeves are long and the low round neck is finished with a ruffle of net.



FAMOUS WOMAN HER BIRTHDAY AND YOURS

June 7—Empress Charlotte, Empress Alexandra.

June 7 stands out as the birthday of empresses, but unfortunately neither of the two empresses living whose birthdays fall on today's calendar led the sort of life that would lead one to envy them; and of no woman can the old adage, "Never let the head that wears the crown be applied with greater truth than to her."

The first of these two women was Charlotte, a sister of the King of the Netherlands. A charming and beautiful princess, she was married in the heyday of life to Maximilian of Austria, who became Emperor of Mexico. After a crown prince Maximilian was shot and became the unfortunate Charlotte.

She passed the end of her days in an insane asylum, hopelessly sweet, the pathetic, who seemed to share the general misfortune that is the lot of the royal family of Belgium is driven from his throne.

The other empress is the beautiful wife of the Emperor of Russia. She was the Princess Alice of Hesse-Darmstadt, a daughter of Prince Alfred, Duke of Edinburgh, and granddaughter of Queen Victoria. The Empress had four daughters, Olga, Tatiana, Marie and Anastasia, and one son, the Czar Nicholas. It has been said that she was an opium addict, and she is said to suffer from nervous depression and melancholia brought on by her constant anxiety lest the Czar become the victim of his would-be assassins.

(Copyright, 1915.)
Dr. Marden's Uplift Talks.

THE VICARIOUS ATTITUDE.

By ORISON SWETT MARDEN.

Leo M. Frank, whose unfortunate case has aroused so much attention and interest, continues, through his lawyers, to make a desperate fight for life. In the meantime, the crime of murder for which he has been condemned to death, life is very sweet to this unfortunate young man.

So sweet that he would prefer even the ghastly alternative of life imprisonment to swift and painful execution. The electric chair is a great boon to a man condemned to life imprisonment, it certainly ought to be, and desirable for every human being, no matter how poor or how unfortunate his condition, who has his liberty.

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HOUSE-WIVES DAILY ECONOMY CALENDAR

THE RIGHT WAY TO FRY.

Frying is the process of cooking food in deep fat. Most of us use the term for cooking food in shallow fat, but that is incorrect. Shallow-fat cooking is correctly sauteing, and it is too bad that there is not an anglicized word to take the place of this adopted French one.

Now everybody knows that greasy food is indigestible. So the problem for the cook who is frying food is that of managing the fat so that it will not enter the food.

The first requisite is to have the fat hot enough when the food is put in and to keep it hot enough while it is cooking. There are tests for fat that are easily followed. If an inch-square cube of bread browned to a golden shade in forty seconds the fat is hot enough for a cooked mixture. If it browns in a minute the fat is not enough for an uncooked food. This is a good test for lard. There are some manufactured fats which decompose when they are very hot, and these should be tested with a thermometer and used when they reach the degree recommended in the directions which accompany them.

Put the food to be cooked in rather slowly. A large amount of cold, uncooked potatoes, for instance, would cook too quickly that it would be sure to soak into the fat. So anything cold should be slowly added to the fat so that the high temperature will not decrease too greatly.

Of course the object is to cook the outside of the fried article quickly. The cooked coating keeps the grease from entering the food and so it is wholesome when cooked. That is why the grease must be hot enough in the beginning to form a quick cooked coating around the croquettes, the potatoes, the crullers or whatever else is cooking.

Be careful to keep things from touching each other while they are frying, for they may adhere and cook together.

It is easier to manage fried articles if they are in a wire frying basket. When they are done, hold the basket a moment over the hot fat and then, after the superfluous fat has dripped off, carry it to a table to be served. There is no fried article on a piece of absorbent paper, which quickly absorbs whatever grease may adhere to it. Don't let the fried articles touch each other while cooling, as this makes them less crisp.

Cooked carefully in this way fried food is wholesome and delicious.

(Copyright, 1915.)
GETTING A START.
YOUR EYES.

By NATHANIEL C. FOWLER, JR.

I think that I am safe in claiming that your eyes were made to see with. If this be so, and I do not expect any one to dispute me, there would appear to be no reason why the eyes should not be taken care of as well as any other part of the human machinery, if they are expected to fulfill their mission.

We are becoming an eye-glass nation, and this condition is due largely to the straining of the eyes and, the fact that they are used improperly. Headaches and general indisposition are the result of eye strain, to reading in insufficient light, treating the eyes as though they were not one of the most sensitive organs of the body.

The very moment your eyes seem to trouble you consult a specialist. Perhaps you do not need glasses. Very often a rest of a few days will cure but don't take chances with them. The eye-man knows, you don't. It is worth more than it will cost you to find out.

Better wear glasses too soon than too late, and be sure that they fit you. Wrong glasses increase the trouble.

Comparatively few eyes are of equal strength. One eye is usually weaker than the other, and the weaker eye, without proper glasses, will carry more than its share of the burden of seeing. Good glasses will allow each eye to do its work and no more.

Remember, however, that the best of glasses will not do away with eye trouble if they are not kept clean, if you use them in insufficient light, if the light strikes you in the face. Artificial light would better come from overhead than from the side. You should never face a light nor read with the sun shining on your paper. If the burner is in front of you, screen it so that your eyes cannot see it.

If you cannot afford to consult a first-class eye specialist, your eyes may be examined free of charge at public infirmaries maintained in the larger cities.

Take care of your eyes, for they with not take care of themselves. They are part of the body contributes more to its effectiveness.

The trouble with most people is that they leave their eyes until the last wait until the trouble is acute. Then they expect the oculist to perform a miracle, and when they are fitted with glasses they find that they are better, but abuse their eyes through glasses as they did before they wore them.

Thousands of people select glasses as they do shoe strings, don't have them fitted. They buy a pair at the notion counter, put them on, and feel better, or think that they do, for a time, when their eyes are getting worse instead of better.

The eye is altogether too delicate an organ to experiment with. Don't neglect. Go to a man who has made a specialty of it. He knows what to do for you.

Another point, don't wear glasses unless your nose is the right shape to hold them. If it isn't spectacles are far better for you, although, perhaps, they may not look as well on you. Let the eye man decide for you. Better look three days, or three years, older with a pair of spectacles which will stay on your nose than wear eye glasses on a plane with complexion powder, that you may look better at the expense of your eyesight.

Don't wait for the second warning. Let the first one send you to the eye specialist. Put yourself in his hands and do as he says.

(Copyright, 1915.)
William F. Perrin, of Dearborn, Mo., began shaving seventy-five years ago with a razor he bought at that time, and he is still using it, although he is now ninety-five years old.

MAYOR'S WALNUT-OIL

One Bottle Compound Hair Dressing for Men and Women. A perfect hair dressing, which makes the hair grow and keeps it in its natural condition. It is the only hair dressing that does not contain any harmful ingredients. It is the only hair dressing that does not contain any harmful ingredients. It is the only hair dressing that does not contain any harmful ingredients.

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